Stop Germs! Stay Healthy!

Clean Your Hands

One of the best things you can do to protect yourself from germs is to clean your hands often.

WHEN?

• Before eating
• After using the toilet, commode or bedpan
• After blowing your nose, coughing, or sneezing

HOW?

Use alcohol based hand rub (if hands don’t look dirty)

• Apply a dime size amount of hand rub to the palm of one hand and rub hands together.
• Cover both hands and don’t forget the fingers.
• Keep rubbing until dry.

OR

Use soap and water:

• Wet hands with running water and apply soap.
• Rub hands together to make suds. Scrub the backs of hands, between fingers, and under nails.
• Continue for at least 15 seconds. (Hum the “Happy Birthday” song from beginning to end two times.
• Rinse hands well.
• Dry hands using paper towels or forced air.

It’s OK to ask those caring for you or a loved one to clean their hands.

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